



Winter/Spring Edition, January- April 2015

Young at Heart Senior Center Newsletter – Winter 2015



AMAZING EXPERIENCES!

Please visit our website at

<http://www.fairfaxva.gov/ParksRec>



General Information

Welcome

The City of Fairfax Senior Center invites you to join the *Young at Heart Senior Center* for “Amazing Experiences!”

The City of Fairfax’s Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. A registration form is required before participating in any activities. We ask that you scan your membership card upon entering the building.

We hope you get involved in the many senior center activities, free and fee-based classes, special events and trips during this wonderful winter season.

The City of Fairfax Parks and Recreation Department is constantly striving to keep our gold medal standards and committed to our mission to: *Enrich the quality of life in the City of Fairfax and maintain the unique hometown character that makes the City a special place to live, work and play.*

Four ways to register for classes

1. **ONLINE:** www.fairfaxva.gov/ParksRec,
24 hours a day.
2. **WALK-IN:** Come to the
City Hall Office, Stacy C. Sherwood Community
Center or Green Acres Center:
8:30am–5 pm, Monday – Friday.
3. **MAIL-IN:** Signed and completed registration
forms must be mailed to:
City of Fairfax Parks and Recreation,
10455 Armstrong St. Fairfax, VA 22030.
4. **FAX-IN:** Signed and completed registration
forms must be faxed to
703-246-6321

Payment Method Accepted

American Express, Discover, MasterCard or Visa
Make checks payable to: *City of Fairfax*.

Payment must be made at the time of
registration. Assumption of Risk
Waiver, found on registration form, must be
signed by all participants at time of registration.

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090 TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff



Anne Chase, CPRP

Recreation Manager and Senior Center Manager

anne.chase@fairfaxva.gov

(703) 359-2487

Daniel Young

Assistant Senior Center Manager

daniel.young@fairfaxva.gov

(703) 385-3943

Jann Richards-Weltman, BS, TR

Recreation Assistant

jann.hardy@fairfaxva.gov

(703) 273-6090

Senior Center General Information

Senior Center Activities at Green Acres Center

These are ongoing activities that take place at the Senior Center. Mark your calendars so you can participate in the fun! More information on activities and programs taking place at the Senior Center can be found on our website at www.fairfaxva.gov/parksRec.

Men's Morning Coffee Group

Every morning, 8am-10am:
Coffee, breakfast treats and lively conversation.

Bocce

May – September, Thursdays, 9am-11am:
Tournament-style play. Outdoor courts.

90's Club

For those in 10th decade, meets the 4th Friday, 10am.

WWII Veterans Association

Meets quarterly. Call Bill Sheads: 703-323-9444.

Current Events Group

Every Tuesday, 1pm-3pm: Discuss the latest topics going on in our world.

Mah Jong

Every Monday, 10am-2pm:
Similar to the western card game Rummy, Mah Jong is a game of skill, strategy and calculation involving a certain degree of chance.

Fairfax Antique Arts Association

Third Thursday of each month at 10am: Invites guest speakers to show and discuss their collections.

BUNCO

Every other Friday at 10:30am:
Please check monthly calendar for dates.

Pinochle/Mexican Train/Canasta

Played daily throughout the week starting at 9:30am or 10am (check monthly calendar).

NOVA Neighbors Bridge

First and third Mondays of each month at 12 noon: play intermediate to advanced contract bridge. Chicago scoring is used, but party bridge rotations are followed.

Military History

Every Tuesday, 10am-Noon: Covers military history beginning with the Revolutionary War to the present.

Library

Books loaned on Honor system: enjoy and return. We appreciate the donation of books published after year 2000.

Monthly Birthday Celebrations

First Fridays at 12 noon.

Senior Pickleball

Every Monday, Tuesday, Wednesday, and Thursday: 1pm -3pm. A racquet sport which combines elements of badminton and table tennis. Great exercise and fun!

"Fabric Fanatics" Sewing Group

Usually last Thursday each month, 10am-3pm:
A wonderful way to work on your own project or offer your help for a charitable cause. Refer to calendar.

Euchre Card Game

Fridays, 1:30pm. Need four participants to play; Free.

Millennium Art Guild

Every Thursday, 1pm- 4pm:
Artists bring in their own art projects and supplies. All forms of art are welcome.

BINGO

Every other Friday of the month at 10:30am:
Please check monthly calendar for dates. \$2 fee

Day at the Races

Every other Monday of the month, 10:30am:
Please check calendar for dates.






German Conversation

Thursdays from 10:30am-Noon:
For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen.....

Chess

Strategize on the checkerboard. Every Monday 10am.

Mon	Tue	Wed	Thu	Fri	Sat
 <p>National Eye Health Care Month</p>	<p>****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090</p>		<p>1</p> <p>CLOSED FOR NEW YEAR's Day</p> 	<p>2</p> <p>8am: Men's Coffee Group 10am: Grand Slam Bridge 10:30am: BINGO 12noon: January Birthdays! 1:30pm: Euchre 2pm: Trip Committee Meeting</p>	<p>3</p> <p>Bold items on calendar are new sessions beginning or special events.</p>
<p>5</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 10:30am: Line Dancing – NEW! 10am: Mah Jong/ Chess Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga – NEW! 4pm-5:30pm: Art for Seniors-NEW</p>	<p>6</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise – NEW! 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickle ball 2:20pm: Basic Barre – NEW!</p>	<p>7</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 9:00am: Library of Congress & Botanical Gardens Trip 11am: Your iPad – NEW! 1pm-3pm: Pickleball 2:15pm: ComeSit Meditation-NEW</p>	<p>8</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit – NEW!</p>	<p>9</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge 10:30am: BUNCO 11am: Computers 101 Noon: Brown Bag Day /Games 1:30pm: Euchre</p>	<p>10</p> <p>Fitness Room Open House 9am-2pm</p> 
<p>12</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong/ Chess 10:30am: Line Dance 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors</p>	<p>13</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre 3/4pm: Beg/Int Pickleball Lessons</p> 	<p>14</p> <p>National Hat Day 8am: Men's Coffee Group 8:30am: Seniorcise 10am: MOVIE & POPCORN 10am: Pinochle 11am: Your iPad 11:15am TRIP: Cryptology Center 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>15</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>16</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge 10:30am: BINGO 11am: Computers 101 12:30pm Table Games 1:30pm: Euchre</p>	<p>17</p>
<p>19</p> <p>CLOSED for MARTIN LUTHER KING, JR. DAY</p> 	<p>20</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre 3/4pm: Beg/Int. Pickleball lessons</p> 	<p>21</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:00am Trip: Walter's Art Museum 10am: Pinochle 11am: Your iPad 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>22</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>23</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10am: Grand Slam Bridge 10am: 90's Club 11am: Senior Talent Show & Soup Festival 1:30pm: Euchre</p>	<p>24</p> 
<p>26</p> <p>8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong/ Chess 10:30am: Line Dance 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors</p>	<p>27</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Basic Barre 3/4pm: Beg/Int. Pickleball lessons</p>	<p>28</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10:30am TRIP: Phillips Collection 11am: Your iPad 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>29</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>30</p> <p>Chinese New Year 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge 11am Speaker: James Bond - Moral Compass 10am - Grand Slam Bridge Group 10:30am: BUNCO 12:30pm Table Games 1:30pm: Euchre</p>	<p>31</p> <p>Check out our website www.fairfaxva.gov Calendar subject to change--updates will be posted on website and at Senior Center.</p>

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<p>****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090</p>				<p>Check out our website www.fairfaxva.gov Calendar subject to change-- updates will be posted on website and at Senior Center.</p>	<p>1</p> <p>Fairfax Chocolate Festival - Sat & Sun</p>
<p>2</p> <p>8am: Men's Coffee Group 9:30am: FREE Bridge Class - NEW 9:30am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong/ Chess 10:30am: Line Dance Noo: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors</p>	<p>3</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Meeting 2:20pm: Basic Barre 3/4pm: Beg/Int. Pickleball lessons</p>	<p>4</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 11am: Your iPad 1pm-3pm: Pickleball 2pm: Learn Spanish - NEW! 10:00am Trip: Riverside Theater Music of Andrew Lloyd Webber</p>	<p>5</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>6</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge 10:30am: BINGO 11:30am: Exercise Equipment Noon: Brown Bag Day/Games 12noon: February Birthdays! 1:30pm: Euchre 2pm: Trip Committee Meeting</p>	<p>7</p> <p>Bold items on calendar are new sessions beginning or special events.</p>
<p>9</p> <p>8am: Men's Coffee Group 9:30am: FREE Bridge Class 9:30am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong/ Chess 10:30am: Line Dance 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 4pm-5:30pm: Art for Seniors</p>	<p>10</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Beg/Int. Pickleball lessons</p>	<p>11</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 11am: Your iPad 11:30am Trip to Potomac Mills & Rheingarten German Restaurant 1pm-3pm: Pickleball 2pm: Learn Spanish</p>	<p>12</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>13</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am: Valentine Potluck and Party 1:30pm: Euchre</p> 	<p>14</p> 
<p>16</p> <p>CLOSED for Presidents' Day</p> 	<p>17</p> <p>8am: Men's Coffee Group 8:30am: Mar-Apr Trip Registration 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre - NEW! 3/4pm: Beg/Int. Pickleball lessons</p>	<p>18</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 9:00am: New Baltimore Casino TRIP 10am: MOVIE & POPCORN 11am: Your iPad 1pm-3pm: Pickleball 2pm: Learn Spanish</p>	<p>19</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit- NEW!</p>	<p>20</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge 10:30am: BINGO 11am: Speaker: Reflections - Personal Histories 12noon: Refreshments 1:30pm: Euchre</p>	<p>21</p>
<p>23</p> <p>8am: Men's Coffee Group 9:30am: FREE Bridge Class 9:30am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong/ Chess 10:30am: Line Dance 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga - NEW! 4pm-5:30pm: Art for Seniors</p>	<p>24</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Basic Barre</p>	<p>25</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 9:00am: Toby's: Addams's Family 11am: Your iPad 1pm-3pm: Pickleball 2pm: Learn Spanish 2:15pm: Come Sit Meditation-NEW</p>	<p>26</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10am: Mah Jong 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>27</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10am: Grand Slam Bridge 10am: 90's Club 10:30am: BUNCO 12noon: Refreshments 1:30pm: Euchre</p>	<p>28</p> <p>Senior Flea Market 9am-1pm Green Acres Center</p> 

Mon	Tue	Wed	Thu	Fri	Sat
March is National Nutrition 					1
2 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 9:30am: FREE Bridge Class 10am: Mah Jong/ Chess 10:30am: Line Dance Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga	3 8am: Men's Coffee Group 8:30am: Seniorcise – NEW! 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Meeting 2:20pm: Basic Barre	4 8am: Men's Coffee Group Trip - TBA 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2pm: Learn Spanish 2:15pm: Come Sit Meditation	5 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:30am: German Conversation \ 11am: Travel Log: Don Lederer: International Balloon Festival 11:30am: Easy Strength Training 1-3pm: Pickleball 1pm– 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	6 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge 10:30am: BINGO 12noon: March Birthdays! 1pm: Table Games 1:30pm: Euchre 2pm: Trip Committee Meeting	7 Daylight Savings: Sunday, March 8th "SPRING FORWARD" - Set your clocks ahead 1 hour! 
9 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 9:30am: FREE Bridge Class 10am: Mah Jong/ Chess 10:30am: DAY AT THE RACES 10:30am: Line Dance 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors- NEW	10 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre	11 8am: Men's Coffee Group 8:30am: Seniorcise Trip - TBA 10am: Pinochle 10am: MOVIE & POPCORN 11am: Your iPad – NEW! 1pm-3pm: Pickleball 2pm: Learn Spanish 2:15pm: Come Sit Meditation	12 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee  1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	13 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Beg. Photography- Free 10am: Grand Slam Bridge 10:30am: BUNCO Noon Table Games 1:30pm: Euchre	14
16 8 am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 9:30am: FREE Bridge Class 10am: Mah Jong/ Chess 10:30am: Line Dance – NEW! 11:30am: St Patrick's Day Potluck Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	17 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre	18 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 11am: Your iPad TRIP- TBA 1-3pm: Pickleball 2pm: Learn Spanish 2:15pm: Come Sit Meditation	19 1st Day of Spring 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	20 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Beg. Photography 10am: Grand Slam Bridge 10:30am: BINGO Noon Table Games 1:30pm: Euchre	21 Young at Heart Appraisal Show 10am-12:30pm Sherwood Center, 3740 Old Lee Highway 
23 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong/ Chess 10:30am: Line Dance 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	24 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 10am: AARP Smart Driver Course 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Basic Barre	25 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: AARP Smart Driver Course 11am: Your iPad TRIP-TBA 1pm-3pm: Pickleball 2pm: Learn Spanish	26 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm: Current Events 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	27 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge 10am: 90's Club 10:30am: Cut Coupons for Military 10:30am: BUNCO Noon Table Games 1:30pm: Euchre	28 Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at or center.
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<p>6 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong/ Chess 10:30am: DAY AT THE RACES 10:30am: Line Dance Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga – NEW!</p>	<p>7 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickleball</p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 11am: Your iPad TRIP- TBA 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>9 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>10 8am: Men's Coffee Group 8:30am: Seniorcise 9am: SR CENTER OPEN HOUSE 9:30am: Adv. Photography-NEW 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge 10:30am: BUNCO Noon Table Games 1:30pm: Euchre</p>	<p>11</p>
<p>13 8am: Men's Coffee Group 8:30am May-June Trip Register 9:30am: Contract/Dupl. Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong/ Chess 10:30am: Line Dance 1pm: Table games 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors</p>	<p>14 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre</p>	<p>15 8am: Men's Coffee Group 8:30am: Seniorcise TRIP- TBA 10am: Pinochle 10am: MOVIE & POPCORN 11am: Your iPad 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>16 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>17 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Adv. Photography 10am: Grand Slam Bridge 10:30am: BINGO Noon Table Games 1:30pm: Euchre</p>	<p>18 Bold items on calendar are new sessions beginning or special events.</p>
<p>20 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong / Chess 10:30am: Line Dance Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors</p>	<p>21 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 11am: Your iPad TRIP- TBA 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>23 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>24 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Adv. Photography Class 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge 10am: 90's Club 10:30am: BUNCO Noon Table Games 1:30pm: Euchre</p>	<p>25</p>
<p>27 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am: Beg Bridge / Grand Slam 10am: Mah Jong / Chess 10:30am: Line Dance Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors</p>	<p>28 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta / Military History 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre</p>	<p>29 8am: Men's Coffee Group 10am: Pinochle 11am: Your iPad TRIP- TBA 1pm-3pm: Pickleball</p>	<p>30 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Mah Jong 10am: Fabric Fanatics Sewing 10:30am: German Conversation 10:30am: BOCCE mtg- begin May 7 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090</p>	

Trips

The City of Fairfax Senior Center Young at Heart Trips

4401 Sideburn Road, Fairfax VA 22030

All trips require reservations – first come, first serve. Payment is due at time of registration unless placed on a wait list. Trips depart from the Green Acres senior center. Please arrive 15-30 minutes before departure. \$5.00 fee added per trip for non-members (non-City of Fairfax, non-Fairfax county).






No refunds on dinner theatres tickets.

Registration Time - (for January and February Trip registrations)












Walk-In: Monday, DECEMBER 15th, 2015 at 8:30 am

Online and Phone (with a credit card): DECEMBER 15th 2015 at 12 NOON

PHONE: 703-273-6090

	Lunch on your own		Uneven Walking
	Mainly Walking/Standing	SG/GT	Self-Guided Tour/ Guided Tour
	Stairs Required		Weather Sensitive

JANUARY TRIPS

   GT	Library of Congress & Botanical Gardens (Washington, DC) First stop, Library of Congress, followed by the Botanical Gardens. The 800 th anniversary of the Magna Carta is on exhibit. This is one of the four original copies dated 1215 AD it is on loan from England. Also, a display of original drawings by cartoonist Herbert L. Block. <i>Tours & food are on your own. Restaurants located in Native American Indian Museum and National Art Gallery.</i> Wednesday, January 7, 2015 Depart: 9:00 am Approx. Return: 5:00 pm	\$15
   GT	Fort Mead Cryptology Center (Annapolis Junction, MD) If you have even a passing interest in codes, cyphers, history, or technology, the National Cryptological Museum is definitely worth visiting. Explore half a dozen rooms. Covering the history of data collection, super computers, and linguistics. Numerous exhibits focus on the history of cryptology during war, focusing attention on World War II (Enigma, Code Talkers, the Japanese "Purple", etc.) Tour included. <i>Eat before you arrive for this trip, or bring a snack.</i> Wednesday, January 14, 2015 Depart: 11:15 am Approx. Return: 5:00 pm	\$17
 	Walter's Art Museum (Baltimore, MD) The Walter's Art Museum, in Baltimore's Mount Vernon-Belvedere neighborhood, was founded and opened in 1934, with collections going back to the mid-19 th Century. Highlights include Egyptian mummies, renaissance suits of armor, Faberge eggs and old master paintings. <i>Tour included. Lunch on your own at the Inner Harbor.</i> Wednesday, January 21, 2015 Depart: 9:00 am Approx. Return: 3:30 pm	\$20
   GT	Phillips Collection: Georgia O'Keefe Exhibit (Washington, DC) In addition to seeing the Georgie O'Keefe exhibit, we will be taken on a wonderful guided tour to explore the rest of this museum. <i>Lunch on your own.</i> Wednesday, January 28, 2015 Depart: 10:30 am Approx. Return: 3:00 pm	\$30

FEBRUARY TRIPS

	Riverside Dinner Theater: The Music of Andrew Lloyd Webber (Fredericksburg, VA) Thrill to the signature songs of the most acclaimed musical theater composer of the past five decades in a staged concert revue paying tribute to the maestro who has given us <i>Phantom of the Opera, Evita, Joseph and the Amazing Technicolor Dream coat, Starlight Express, Jesus Christ Superstar, Cats, Sunset Boulevard, Aspects of Love, and Requiem.</i> <i>Lunch included.</i> Wednesday, February 4, 2015 Depart: 10:00 am Approx. Return: 5:00 pm	\$71
	Rheingarten German Restaurant & Potomac Mills (Stafford/Woodbridge, VA) Enjoy a taste of Germany in Northern Virginia. The Herold family opened the Rheingarten restaurant with the idea of serving delicious authentic European cuisine. After a great meal, it is off to the mall. Visit tons of stores including the new fashion district! <i>Rheingarten restaurant is not included in fee.</i> Wednesday, February 11, 2015 Depart: 11:30 am Approx. Return: 5:00 pm	\$14
	New Baltimore Casino (Baltimore, MD) Maybe today is your lucky day! Try your luck at the newly built Baltimore Casino. Enjoy a delicious lunch buffet and the great atmosphere. Good luck! <i>Lunch on your own.</i> Wednesday, February 18, 2015 Depart: 9:00 am Approx. Return: 5:00 pm	\$20
	Toby's Dinner Theater: The Addams's Family (Columbia, MD) The Addams Family is taking the world's musical theatre scene by storm with some of the most beloved characters of all time. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. <i>Buffet lunch included.</i> Wednesday, February 25, 2015 Depart: 9:00 am Approx. Return: 4:30 pm	\$66

Senior Classes

Activity	Day(s) and Time(s)	Fee(s)
Beginner Bridge Classes	Mon, 9:30am-11:30am	2/2 – 3/16 (no 2/16). FREE with registration.
Line Dancing	Mon, 10:30am-11:30am	1/5 - 3/9 (no class 1/19, 2/16); 3/16 - 5/4 = \$46; \$8/class.
Your iPad	Wed, 11:00am-12 noon	1/7 - 2/25; 3/11 - 4/29 = \$79/session; \$12/class.
Chair Yoga	Mon, 2:15pm-3:15pm	1/5 - 2/2 (no 1/19) = \$21; 2/23 - 3/30; 4/6 - 5/11 = \$31/session; \$8/class.
Art for Seniors	Mon, 4:00pm-5:30pm	1/5 - 2/23; 3/9 - 4/13 = \$72/session; \$12/class.
Seniorcise	Tue/Wed/Fri, 8:30am-9:30am	1/6 - 2/27; 3/3 - 4/24 = \$73/session; \$141 All; \$8/class. (make-ups: 4/28-5/1)
Easy Strength Training	Tues, 11:30am-12:30pm	1/6 - 2/24; 3/3 - 4/21 = \$30/session; \$8/class. (make-up: 4/28)
Learn Spanish	Wed, 2:00pm-3:00pm	2/4 - 3/25 = \$95.
Basic Barre for Seniors	Tues, 2:20pm-3:15pm	1/6 - 3/3 = \$26. 2/17 - 3/24; 3/31 - 5/5 = \$31/session; \$8/class.
Beginning Pickleball	Tue, 3:00pm-4:00pm	1/13 - 27; 2/3 - 17 = \$20/session.
Intermediate Pickleball	Tue, 4:00pm-5:00pm	
AARP Smart Driver Course	Tues & Wed, 10am-2:00pm	3/24 & 25. Check payable to AARP: \$15 AARP members; \$20 non-membr
Photography Classes	Beg: Fri, 9:30am-11:30am Adv: Fri, 9:30am-11:30am	Beg: 3/13 & 20. Adv: 4/10 & 17. FREE with registration.
Come Sit Meditation	Wed, 2:15pm-3:15pm	1/7 - 28; 2/25 - 3/18; 4/1 - 22 = \$30/session; \$10/class.
Easy Strength Training	Thurs, 11:30am-12:30pm	1/8 - 2/26; 3/5 - 4/23 = \$30/session; \$8/class. (make-up: 4/30)
Sit & Get Fit	Thurs, 2:15pm-3:15 pm	1/8 - 2/5 = \$26. 2/19 - 3/26; 4/2 - 5/7 = \$31; \$8/class.
Tai Chi Chuan: Beg. & Adv.	Fri, Beg: 10:15am-11:15am; Fri, Adv: 9:15am-10:15am	1/9 – 2/27; 3/6 - 4/24 = \$45/session; \$8/class.
Personal Fitness Training	Tues, 11:00am-12 noon; Wed, 1:00pm-2:00pm	Call for appointment: 703-273-6090. ½ hr: \$20; 1 hr: \$40.

Adult Classes at Green Acres Center

<u>Activity</u>	<u>Day(s) and Time(s)</u>	<u>Fee(s)</u>
Hula Dance	Mon, 4:30pm-5:30pm	1/5 - 3/9; 3/16 - 5/4 = \$50/session.
Ukulele I/II Lessons	Mon, 6:00pm-7:00pm	1/5-3/9; 3/16-5/4 = \$65/session.
Tai Chi Chuan: All Levels	Mon, 5:45pm-6:45pm	3/2 – 4/20 = \$55.
Aerobic Dancing by Jacki	Mon and Thurs, 6:30pm-7:30pm	1/5 – 4/2 = \$185, or \$8/class.
Sin Moo Hapkido Martial Arts	Mon and Wed, 6:30pm-8:00pm	2/4-4/15; 4/20-6/29 = \$75/session.
Build/Maintain Website & Blog	Mon, 6:30pm-7:30pm	2/23 – 4/13 = \$129.
Presenting Digital Information	Mon, 7:45pm-8:45pm	2/23 – 4/13 = \$129.
Clock Repair	Mon and Wed, 7:00pm-10:00pm	1/12-4/29 (no 1/19, 2/16) = \$210.
B-Fit	Tues/Thurs/Fri, 9:30am-10:30am	1/6 – 2/27; 3/3 – 4/24 = \$96/session; \$8/class.
Morning Pilates	Tues/Wed/Fri, 10:30am-11:30am	1/6– 2/27; 3/3– 4/24 = \$55/session; \$8/class.
Traditional Indian Yoga	Tues, 7:00pm-8:00pm	1/6-3/3 = \$45. 2/17-3/24; 3/31-5/5 = \$54; \$10/class.
Irish Social Dance	Tues, 7:15pm-8:45pm	2/3 – 3/3; 3/10 – 4/7; 4/21 – 5/19 = \$34.
PM Pilates	Tues or Thurs, 7:45pm-8:45pm	Tu: 1/13-3/3; 3/10-4/28; Th: 1/22-3/12; 3/19-5/7= \$60/day/session; \$116 all.
Cardio Strength Training	Wed, 9:30am-10:30am	1/7–2/25; 3/4- 4/22 = \$56/session; \$8/class.
Zumba Fitness	Wed, 11:30am-12:30pm	1/7-2/25; 3/4- 4/22 = \$61/session; \$8/class.
Yoga for Stress Relief	Wed, 6:00pm-7:00pm	1/7-2/25 = \$61 or \$8/class.
Open Pickleball Play	Wed, 7:30pm-9:30pm	1/7-2/18 = \$35; 3/4-4/22= \$40. \$8/evening.
Yoga	Thurs, 10:30am-11:30am	1/8-2/26; 3/5-4/23 = \$56/session; \$8/class.
Barefoot Stretch n Flow	Thurs, 7:00pm–8:00pm	1/8-2/5 = \$42; 2/19-3/26; 4/2-5/7 = \$50. \$10/class.
Tibetan Singing Bowls – Meditation & Sound Healing	Wed, 1/14: 7:00pm-9:00pm, or Sat, 3/14: 2:00pm-4:00pm	\$20/workshop, \$25 on-site/workshop.
Women’s Self-Defense	Sat, 11:30am-12:30pm	1/10-2/28 = \$120.
Basic Dog Obedience (6 mos.+)	Sun, 1:30pm-2:30pm	1/11-2/15; 4/12-5/17 = \$150/session.
Green Acres Fitness Pass	Mon-Th, 5-9pm; Sat-Sun, 9a-2p	Yearly Pass: \$96; Monthly: \$15; \$5 drop in

“Your Way” Fitness Plan

January 6 – April 24: \$205 – Choose the Classes to Fit Your Schedule!

<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30am – B-Fit	9:30am – Cardio Strength	9:30am – B-Fit + Zumba	9:30am – B-Fit
10:30am – Pilates	10:30am – Pilates	Tone	10:30am – Pilates
		10:30am – Yoga	11:30am – Zumba

Upcoming Events

Mon, December 15: 8:30am	Winter Trip Registration: January and February 2015 Trips
Fri, December 19: 11:30am	Christmas Party Pot Luck & Food Drive
Wed, December 31: 11:30am	New Year's Celebration with Pizza Party <i>Welcome the New Year with the Drop of the Apple Core!</i>
Thurs, January 1	Center Closed: New Year's Day Holiday
Sat, January 10: 9am – 2pm	Fitness Room Open House at Green Acres
Mon, January 19	Center Closed: Martin Luther King, Jr. Holiday
Fri, January 23: 11am	Senior Talent Show and Soup Festival
Fri, February 13: 11:30am	Valentine Day Party and Pot Luck
Mon, February 16	Center Closed: Presidents' Day Observed
Tues, February 17: 8:30am	Winter Trip Registration: March and April 2015 Trips
Fri, February 20: 11am	Speaker: Personal History Stories
Sat, February 28: 9am – 1pm	Young at Hearts Flea Market at Green Acres – Donations accepted after Jan 1
Thur, March 5: 11am	Travel Log: International Balloon Festival with Don Lederer
Mon, March 16: 11:30am	St. Patrick's Day Pot Luck Party
Sat, March 21: 10am–12:30pm	Young at Heart Appraisal Show – Sherwood Community Center
Tues, March 23 and Wed, March 24: 10am	AARP <i>Smart Driver</i> Course - Registration required`
Wed, April 1: 11:30am	Spring Pot Luck and Plant Exchange
Fri. April 10: 9am-2pm	Open House for Young at Heart Senior Center
Mon, April 13: 8:30am	Summer Trip Registration: May and June 2015 Trips
Fri, May 8: 11am	Mother's Day Tea
Fri, May 22: 11:30am	Kickoff-to-Summer Barbeque and Covered Dish
Wed, May 27	National Senior Health & Fitness Day!

Senior Happenings

Young at Heart FUND RAISERS

The Flea Market will be held in the Green Acres cafeteria on February 28, 2015 from 9:00 a.m. to 1:00 p.m. We not only have bargains on the Fairfax Senior Center table, we have many vendors who attend this indoor event with their wares for sale. There are items for everyone. Stop by the flea market and see what treasures you may find. We will be accepting donations for the senior's table starting January 1, 2015.

Our 7th annual Antiques Appraisal Event will be held Saturday, March 21, 2015 from 10:00 a.m. to 12:30 p.m. at the Sherwood Center, 3740 Old Lee Highway, Fairfax, VA 22030. \$5.00 admission, \$5.00 for each verbal appraisal, limit 3. Additional items allowed with original admission ticket, payment of \$5.00 and a new number assigned. Limit 3. Verbal Appraisals by Linda Goldstein, Seymour Lazerowitz, Quinn's Auction, Norman Newsome. Bring your treasure, heirloom and see what it is worth.

All proceeds for both fund raisers go directly to the Young at Heart Seniors



Fitness Room opens with extended hours starting in January



As part of the new Parks and Recreation Strategic Master plan the fitness room will have additional hours of operation starting in January.

We are excited to announce the implementation of Strategic Priority 3.5.4: which states opening the Green Acres center fitness room to teens, adults, and seniors after Senior Center hours and on weekends. Saturday, January 10th is the kick off to the new hours which will include the additional fitness room. Hours of operation:

Monday – Thursday 5pm – 9pm
Saturday and Sunday 9am- 2p

We hope to see you take advantage of the additional hours.

Senior Spotlight



Meet Ed Newcomb



Ed, a very dynamic member, is known around the senior center as the local handy man who can build or fix just about anything from a large item to repairing small details around the center including a handcrafted corn hole set we use during the senior parties. Ed was a previous Senior Center Council member for 3 years and was instrumental in the building of the outdoor recreation area including the Bocce courts, horseshoes pits and the barbeque grills. Ed led the senior's 4th of July committee which built all five floats for the Young at Hearts members to use during the 4th of July parade. Ed is a part of the morning coffee group, grills the burgers at the senior cookouts, and keeps an eagle eye on the fitness room to help ensure the safety of all our members. You may see him working out on the recumbent bike which is his favorite piece of equipment in the fitness center.

Ed is a native of Virginia, who was born and grew up on a farm in Halifax County and has lived in the City of Fairfax for 51 years. Ed served in the Navy during World War II. Ed's a retired Fairfax County Educator, teaching shop class for over eight year and a high school guidance counselor for one year. Ed finished up his career as a program specialist for over 15 years. Ed also served on the Plumbing Committee in the City of Fairfax for 23 years. Ed has been married for 68 years to his wife Gladys and is blessed with two children, two grandsons and four great grandchildren.

All our members, in one way or another, benefit from Ed's contributions from the Bocce league and Senior Olympics participants to a fitness room member by Ed's encouraging word during a workout session. We are grateful to have such a caring and talented man as part of our senior center!

Senior Center Registration Information

New in the City Council 2014-15 budget, and in compliance with our City/County reciprocal agreement, is the implementation of a Non City/Non County membership fee for the City of Fairfax Senior Center.

If you are not a City of Fairfax resident or a Fairfax County resident, there will be a membership fee of \$50 per year to join the Senior Center. An individual (55 years and over) may also obtain a guest membership for a daily drop-in fee of \$5.

Memberships will be valid for a 12-month period and can be purchased at any time through our registration system. Please stop by the Green Acres front desk to register and fill out our green registration form.

The membership will allow you unlimited access to all the non-fee programs to include use of the Fitness room, Parties, Special Events, drop-in activities such Bridge, Mah Jongg, Mexican Train, Canasta, Current Events, German Conversation, Pinochle, Movie & Popcorn, Bocce, Pickleball, and much more. Additionally, through your membership, you will have access to register for the fee-based classes and programs for the same fee that residents pay.

Senior Center Council

The purpose of the City of Fairfax Senior Center Council (CFSCC) is to assist the Recreational Manager of Green Acres and Senior Center, to fulfill the social, educational, physical and recreational needs of this center's senior citizens, fifty-five (55) years of age and older regardless of race, sex or religion. The Senior Center Advisory Council is composed of eleven volunteer members who have varied areas of interest and involvement in programs and activities at the Senior Center and within the City of Fairfax.

Council meetings are held the 4th Tuesday of each month at Green Acres Center.

Election for new officers will be held in August 2015.
New council members will take office in September 2015.

Current Senior Center Council officers are:

Chair- Gail Wade
Vice Chair Aldo Domenichini
PRAB - Jane Albro
Secretary- Jane Woods
Treasurer- Paul Kavanaugh



CURRENT COUNCIL MEMBERS

Jane Albro	Ellis Hamilton
Judy Balser	Paul Kavanaugh
Marcia Clukey	Duane Perry
Aldo Domenichini	Larry Steinman
George Evans	Gail Wade
	Jane Woods

Young at Heart Senior Center

4401 Sideburn Road

Fairfax, VA 22030

Join us at the Senior Center

Learn something new and have some fun!

Call the center for details

703 273 6090

AMERICANS WITH DISABILITIES ACT

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858